



# WELCOME TO FEEDING HUNGRY MINDS

## YOUR GUIDE TO SCHOOL LUNCHES



Feeding Hungry Minds

# HELLO FROM YOUR SCHOOL CATERERS!

We provide healthy and nutritious lunches at your child's school. As well as feeding hungry minds with balanced meals, we also provide our diners with food education - from showcasing where our ingredients come from to promoting healthy living. Read on to find out more...



## ABOUT OUR FOOD

WE SOURCE BRITISH, LOCAL AND SEASONAL PRODUCE WHERE POSSIBLE

We don't use any undesirable additives, artificial trans fats or GM ingredients

ALL OF THE EGGS WE USE ARE FREE RANGE

WE USE WHOLEMEAL FLOUR AND SERVE FRESH BREAD

OUR FRESH MEAT IS SOURCED FROM UK FARMS WITH HIGH STANDARDS OF ANIMAL WELFARE

WE DON'T SUPPLY ANY FISH TO AVOID TO CUSTOMERS, AS RATED BY MCS' GOOD FISH GUIDE

WE DON'T SERVE ANY ENDANGERED FISH

Each day, our chefs prepare healthy and delicious lunches from a range of fresh and seasonal ingredients! Our menus are **Food for Life Bronze Served Here accredited**. They include:

British, seasonal & locally sourced produce



eggs



Free range eggs

meat

Meat which is British & Farm Assured



We only serve sustainable fish based on the MCS's Good Fish Guide and will never serve any on the 'Fish to Avoid' list.

MARINE CONSERVATION SOCIETY



Click here to find out more

# FRESH FOOD YOU CAN TRUST

- ✓ Over 80% of our meals are freshly prepared
- ✓ Our menus meet government guidelines
- ✓ We promote food provenance to pupils



80% FRESH

MENU

farm



## SUSTAINABLE INGREDIENTS

As part of the Food for Life Served Here standards we are asked to champion local suppliers.

We're more than happy to do this, as not only does it mean that the food arrives on our plates bursting with fresh, flavoursome goodness, but also that we're supporting local communities and reducing food miles...



### Seasonal Stars:

Each fruit or vegetable has a prime time when it is at its seasonal best. We work with our suppliers to source them when they're at their peak and serve them up in our schools!



# HEALTHY, DELICIOUS & NUTRITIOUS

We recognise that a balanced and varied diet is essential for maintaining both physical and mental health in children. Our nutritionists check every menu to make sure that they offer a variety of different foods to help pupils thrive throughout the school day.



Charlotte Quick, Company Nutritionist, explains a little about **how we build our menus**



We try to introduce foods such as chickpeas, lentils, beans and spinach to the menus, as these are good sources of zinc and iron!

We've also been busy reducing the sugar in our recipes, for example, in our apple and berry crumble we've reduced the sugar by 50% and increased the amount of fruit!

## Special Diets:

If your child has specific dietary needs, due to an allergy/intolerance or medical reason, we are pleased to be able to provide a bespoke menu for their requirements. A special diet referral form is available from your school reception, in both electronic and paper format. We ask that you complete the form and return to the school with supporting medical documentation - then we will do the rest!

If you have any questions, please contact [nutrition@uk.issworld.com](mailto:nutrition@uk.issworld.com)



## EVERY DAY YOUR CHILD CAN ENJOY:



**NUTRITIOUS  
MAIN MEALS**

*Tasty!*



**FRESHLY  
BAKED BREAD**

*Healthy!*



**NEW TASTES AND  
TEXTURES WITH A TRIP  
TO THE SALAD BAR**

*Crunchy*



*Colourful*



**A DELICIOUS DESSERT**

*Yummy!*

**ENERGY & NUTRITION FOR  
A PRODUCTIVE AFTERNOON!**

**JUST LOOK AT  
WHAT YOUR CHILD  
GETS FROM A  
SCHOOL LUNCH!**

## DELICIOUS DINNERS!

Not only are our lunches healthy and sustainable but they're also delicious! We've got a wide variety of options available, including both meat and vegetarian dishes and hot and cold desserts.

We try to make sure that there's a lunch option to suit everyone - that's why we create our menus based on feedback from the pupils, our cooks, teachers, parents and carers. We recognise that there are children's 'must haves' and local favourites, which is why all our menus are agreed with each school.

We are always keen to hear of any suggestions for new dishes, so be sure to tell us what you think!



**OUR LUNCHES OFFER AT LEAST  
TWO FRUIT & VEG PORTIONS**

**WHY NOT COME ALONG  
TO A TASTING SESSION?  
GET IN TOUCH FOR  
MORE INFORMATION.**

## DON'T FORGET TO VISIT THE SALAD BAR!

Salads can be a real hit in the school dining room when presented in the right way. We offer pupils a selection of different vegetables and salads which are prepared in 'easy to eat' ways, so they can pick and choose what they like best.



### Did you know?

We've introduced **more plant-based** options so children have more choice when it comes to enjoying meat-free meals which can provide more fibre and less saturated fat!

Look out for the plant based icon on our menus!



Check out this tasty sweet potato, lentil and chickpea curry recipe!



# SCHOOL LUNCHES OFFER GREAT VALUE

*Did you  
KNOW?*

**ALL RECEPTION, YEAR 1 AND  
YEAR 2 CHILDREN ARE ENTITLED  
TO FREE SCHOOL LUNCHES?**



If your child is in key stage 1 or your family is entitled to certain benefits - it could save you around £400 every year!



Few places offer homemade two course meals made from great ingredients at such a good price.



**CLICK HERE TO FIND OUT  
HOW MUCH YOU CAN SAVE**



Click here to watch Sophie Crosswaite, Nutritionist, share her thoughts on the value of school lunches



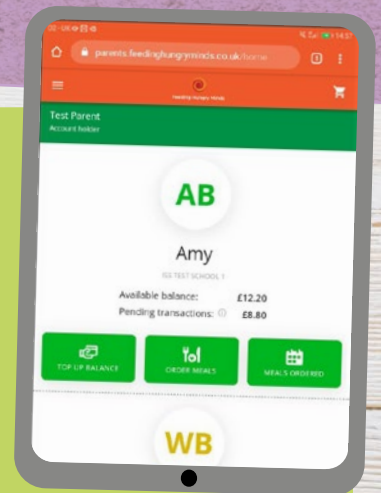
## ORDERING MADE EASY!

If your school has chosen to use our pre-ordering and payments system, you can manage your child's meal bookings and account information online.

### NEW TO ONLINE ORDERING?

**Click here** to watch the video and find out how to get setup.

Having trouble? **Click here** to contact our online team today.



**WORLD BOOK DAY**  
EXPLORE AND DISCOVER ON MARCH 5TH

**FOODIE FUTURE**



## MORE THAN JUST A MEAL!

Our events and competitions mean there's even more to look forward to when it comes to school lunchtimes!

Regular theme days offer exciting menus, educational activities and opportunities to try new foods. That's not all, we've taken lots of resources online too. **Click here** to visit our website for recipe videos, activity ideas & more!



## BEYOND LUNCHTIMES



AS WELL AS GREAT LUNCHESES, WE OFFER SCHOOLS A WIDE RANGE OF FOOD EDUCATION ACTIVITIES. FROM FARM VISITS TO COOKING AND GARDENING SESSIONS, WE PARTNER WITH SCHOOLS TO CREATE EVENTS AND ACTIVITIES DESIGNED TO ENHANCE THE CURRICULUM AROUND FOOD, HEALTH AND WELLBEING.

## CONTACT US

If you've got any questions or suggestions about our service then please get in touch! You can contact us by:

@ [hello@feedinghungryminds.co.uk](mailto:hello@feedinghungryminds.co.uk)



[www.feedinghungryminds.co.uk](http://www.feedinghungryminds.co.uk)



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